

FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page
<http://www-nehc.med.navy.mil/hp/index.htm>

Friday FACTS

Subscribe to this publication
by visiting our web site.
Click on "Friday Facts"

15 June 2001

"Leadership, Partnership, and Championship"

Using herbal supplements wisely

Walk into the vitamin aisle of any pharmacy, chain discount store or even your local grocery store, and you'll find them — herbal remedies, such as St. John's wort, echinacea, ginkgo and garlic. Each claims to help one ailment or another using the so-called gentle, natural action of herbs.



Herbal, vitamin and mineral supplements are all considered dietary supplements by the Food and Drug Administration (FDA). Their forms and packaging resemble one another. You typically use them to enhance your health. However, the difference is that you may use herbs to address symptoms of specific ailments. You typically take vitamins and mineral supplements to make up for nutrients your diet may lack. Clinical studies have proved some herbal supplements safe and effective. Research also has weeded out several dangerous herbs. But the effectiveness of many others still hasn't been established.

Doctors aren't going to endorse or embrace every herbal remedy available— because some of them are actually dangerous. However, a growing number of doctors are working to better understand herbal therapies so that they can help you make informed decisions about your health care.

If you do choose herbal therapy, be sure to talk to your doctor first. Also, remember there's no substitute for a healthy lifestyle. For more information visit: <http://www.mayoclinic.com/home?id=NU00205>



The goal of **National Men's Health Week** is to raise **national** awareness among society and especially among men, of the importance of preventive **health** behavior in the early detection and treatment of **health** problems affecting men and their families. The **week** will focus on a broad range of **health** issues impacting men from heart disease to prostate cancer to testicular cancer to colon cancer and provide men and their families with vital information to

help them better understand these unique male problems and confront them with pro-active **health** actions. For more information visit:

<http://www.nationalmenshealthweek.com/>



*"It is not enough to have a good mind.
The main thing is to use it well." - Rene Descartes*

You've Got It, Now What?

You have high blood pressure. Now what? You just found out that you are one of the 50 million Americans who have high blood pressure, and you may have a lot of questions: What is high blood pressure? What does it mean? How does this affect you? And what can you do to stay healthy? You may have some concerns about other family members, and you may want to know where you can find good, reliable information about this condition. This article will help you understand your diagnosis and the steps that you can take to control high blood pressure and stay healthy. For more information visit: <http://www.mayoclinic.com/home?id=HI00002>

